



## **GOAL SETTING**

To help with my workout focus, I've found the S.M.A.R.T goal-setting acronym useful:

- Specific - as clearly defined as possible
- Measurable - something tangible
- Attainable - within reach
- Results Focused - outcomes not activities
- Time-Bound - within a time frame to provide a sense of urgency

For 2015, one of my SMART goals is:

In the Montana State Short Course Championship on March 21st 2015, I will break 5:45 in the 500 freestyle. This is very SPECIFIC, MEASURABLE, RESULTS FOCUSED and TIME-BOUND. My current best time is 5:49, so it's certainly ATTAINABLE.

In breaking down this goal, I want to split the race as follows:

1:07 -1:10 - 1:10 - 1:10 - 1:07 = 5:44 which means I essentially need to practice holding <:35-second 50s...this is how I establish my practice focus for a particular day: I choose an event, break down the goal, and practice to that pace.

Any event works...even ultra-distance swimming...something I call "ALL DAY PACE" or ADP for short.